## Waukesha County **UW-Extension**

#### Nutrition Education

**Nutrition and Budgeting Information** 548-7877

Monday-Friday 8:00 am - 4:30 pm

## Community Garden Program Individual garden plots available for

rent. For information call 548-7775 8:00 am – 4:30 pm Mon-Fri.

## **Home Delivered Meals/Meals on Wheels**

#### **General & Therapeutic Meals**

Brookfield and Elm Grove...785-2157 Dousman, Wales, Summit and surrounding areas...965-3268

Menomonee Falls, Germantown, Lannon, Sussex, Colgate... 351-8300

Pewaukee and surrounding areas...

#### 691-2300

Oconomowoc, Okauchee, Stonebank, Shorehaven...567-8341 ext. 1166 Greater Waukesha Area, Meals on Wheels... 544-2314

Caring Place Therapeutic Home Delivered Meals, serving the greater Waukesha area... **928-2314**. No age restrictions.

Provides emergency infant formula for WIC clients living in the City of Waukesha.

**Department of Senior Services** Home Delivered Meals ... 548-7828



# Assistance **Directory**

# 211/First Call for Help

Information and assistance on these and other services available to Waukesha County residents...

211 or 547-3388

## Provided by:

Waukesha County Nutrition Coalition and **UWEX Nutrition Education Program** Waukesha County Administration Center 1320 Pewaukee Road G22

Waukesha, WI 53188

Revisions printed annually. Please call with questions or updates. Or visit the website. Directory is printable from the web: www.uwex.edu/ces/cty/waukesha/

choose Waukesha County Nutrition Education link, Or call for additional copies (262) 548-7773

Revised 7/05

N:/WCNC/Nutrition CoalitionFOODIR.doc MAY BE REPRODUCED

#### FOOD ASSISTANCE

Waukesha County Public Health Division **896-8430** Provides consultation with Public Health Nurse, which may include diet and nutrition information.

#### **Food Share Program**

Health and Human Services. Offers assistance with the Quest Card. For eligibility requirements call 695-7958.

If your Wisconsin Quest Card is lost, stolen or damaged, or you have questions regarding your balance, call the Customer Service ARU, 1-877-415-5164.

#### ACCESS

An online tool that can help you see if you might be able to get benefits from FoodShare, Medicaid, BadgerCare, SeniorCare and other health programs. Access is available at www.access.wisconsin.gov

#### S.H.A.R.E.

#### **Self Help and Resource Exchange**

Can purchase a \$30.00 value of fresh fruits, frozen meats & various food staples for a cost of \$18.00. All participants are encouraged to give volunteer time in their community. Call for nearest location. **783-2500, Mon.-Fri**. S.H.A.R.E., PO Box 403, Butler, WI 53007

#### **TEFAP**

## The Emergency Food **Assistance Program**

Distributing surplus commodities to limited income households through community food pantries. Income guidelines followed. Contact local food pantry for assistance.

## WIC Women. Infants and Children

896-8440 For pregnant and postpartum women, infants and children under 5 years of age. A nutrition program that provides supplemental food, nutrition education and referrals to other agencies for moderate and low-income persons. Public Health Center, 615 W. Moreland

Waukesha, WI 53188

#### **COMMUNITY MEAL PROGRAMS**

## **Cooperating Congregations of Waukesha** County... 549-8726

Free meals served Monday, Wednesday and Friday evenings... 5:30 pm at St. Matthias Episcopal Church, 111 E. Main St., Waukesha

Loaves & Fishes Sundays...2:00 pm at St. Joseph's Catholic Church, 822 N. East Avenue, Waukesha

Cooperating Churches of Oconomowoc... **567-3829.** Last Monday of the month 5:00-6:30 pm Dr. Martin Luther Church, 325 S. Main St.

## The Salvation Army... 547-7367

Tues., Thurs., and Sat. 5:00 – 5:40 pm, 445 Madison Street, Waukesha

Community Banquet...Last Tuesday of every month, 5:30-7:00 pm - Emmanuel Community United Methodist Church, N84W16707 Menomonee Ave., Menomonee Falls Second Thursday of every month at St. James Catholic Church, 5:30-7:30 pm, 251-3830, W220 N6588 Town Line Rd., Menomonee Falls

## YOUTH MEAL PROGRAMS

## **School Breakfast Programs**

521-5901. Contact the school office for information.

#### La Casa - 410 Arcadian Avenue, Waukesha

547-0887. For children ages 0-18, free of charge Monday - Friday. Starting mid June until the day before school starts

Breakfast: 9:00 - 10:00 am Lunch: Noon - 1:00 pm

#### St. Vincent De Paul

Kids summer lunch program, ages 0-18 free of charge. 547-3281, Haertel Field Park. - Mon.-Fri. 11:15-Noon, Mid June-August.

#### The Salvation Army – Feed The Kids

Kids summer program, ages 0-18 free of charge. **547-7367** Lowell 11:15, Sentinel 12:30-1, Teen Center 12:00-1. Monday-Friday. June 13 through August 26.

#### SENIOR SERVICES

## **Senior Dining**

60 years of age and older... \$2.75 suggested donation.

A spouse may also attend. Reservations are required at least one day in advance. Call the dining center where you will eat. Call between, 10:30 am and 1:30 pm. Serving times vary with each dining center.

#### **BROOKFIELD**

**Brookfield Community Center** 2000 North Calhoun Road PHONE: 782-1636

OPEN: Monday thru Friday

#### **BUTLER**

Hampton Regency Apartments 12999 W. Hampton Avenue

PHONE: 783-5506

OPEN: Monday thru Friday

#### **HARTLAND**

Breezewood Village Apartments 400 Sunnyslope Drive PHONE: 367-5689 OPEN: Mon., Wed., & Fri.

#### MENOMONEE FALLS

Menomonee Falls Community Center W152 N8645 Margaret Road PHONE: 251-3406 OPEN Monday thru Friday

#### **MUKWONAGO**

Birchrock Apartments 280 Birchrock Way, Mukwonago

PHONE: 363-4458

OPEN: Mon., Tues., Wed., & Thurs.

#### MUSKEGO

Muskego City Hall W182 S8200 Racine Avenue PHONE: 679-3650 OPEN: Mon., Wed., & Fri.

## **NEW BERLIN**

National Regency Retirement Community 13750 W. National Avenue

PHONE: 784-7877

OPEN: Mon., Tues., Wed & Thurs.

#### OCONOMOWOC

Oconomowoc Community Center 324 W. Wisconsin Avenue PHONE: 567-5177 OPEN: Monday thru Friday

#### SUSSEX

Sussex Mills Apartments W240 N6345 Maple Avenue PHONE: 246-6747

OPEN: Monday thru Friday

## **WAUKESHA** 3 locations

La Casa Village 1431 S. Big Bend Road PHONE: 547-8282 OPEN: Mon., Wed., & Fri.

Saratoga Heights 120 Corrina Boulevard PHONE: 542-8783 **OPEN Monday thru Friday** 

#### WAUKESHA (continued)

Willow Park 1001 Delafield PHONE: 547-5001

OPEN: Mon., Tues. & Thurs.

Waukesha County Department of Senior Services Senior Dining 1320 Pewaukee Road, Room 130 Waukesha, WI 53188 Phone: 548-7826

## **EMERGENCY FOOD PANTRIES**

Bring current identification, social security card, and income information to access service.

#### **Hartland Pantry**

367-6373, 229 Lawn Street, Hartland Wednesday... 1:30 - 2:30 pm Saturday...... 10:00 - 11:00 am

## **Kettle Moraine Pantry \* All Saints Church**

968-6466, 705 W. Tomlin Road (Hwy E), Wales

Tuesday, Thursday and Saturday... 10:00 - 11:00 am

# **Menomonee Falls Pantry**

Hiawatha School Room 115 N84 W16579 Menomonee Avenue Menomonee Falls Tuesday and Thursday... 1:00 - 2:00 pm and 6:00 - 7:00 pm

## **Mukwonago Food Pantry**

363-3452, Saturday, Volunteer Day, 8-Noon, 325 Eagle Lake Avenue, Mukwonago Monday, Tuesday & Wednesday, 9:00 am - 12:00 pm Thursday evenings 5:00-7:00 pm

# Kitchen Kupboard (Mount Olive Church location)

211 Main Street, Mukwonago Thursday... 9:30 – 11:30 am

## **New Berlin Pantry \***

789-8040, Hickory Grove School 2600 Sunnyslope Road, New Berlin Wednesday... 12:00 - 5:00 pm

## **North Lake Pantry**

966-2191, W314 N7462 Highway 83 St. Clare's Parish, North Lake Saturday... 9:00 - 9:30 am Tuesday... 8:30 - 9:00 am

## **Oconomowoc Pantry**

567-7054, 355 W. Wisconsin Avenue, Oconomowoc, WI Tuesday and Thursday... 1:30 - 2:30 pm & 6:30 - 7:30 pm Saturday... 9:30 - 10:30 am

## **Pewaukee Pantry**

691-3240, 642 Main Street, Pewaukee (Lower level of church) Wednesday and Saturday... 10:00 - 11:00 am

## Salvation Army Pantry \*

547-7367, 445 Madison Street, Waukesha Monday thru Thursday... 1:00 - 4:00 pm, Friday 9-Noon

## **Eagle Community Food Pantry**

(Located in St. Theresa's) 136 Waukesha Road, Eagle Wednesdays... 9:00 - 10:00 am

## Sussex Pantry \*

246-9860, N63 W23626 Silver Spring Dr. Sussex Monday...... 5:30 - 7:00 pm Wednesday.... 1:00 - 2:30 pm

Saturday...... 10:00 am - 12:00 pm

# Waukesha Pantry \*

542-5300, 215 W. North Street, Waukesha Monday - Friday.1:00 - 3:00 pm Thursday......6:00 - 8:00 pmSaturday...... 9:30 - 11:30 am

<sup>\*</sup> Government surplus